



# MIND BODY CONNECTION

## A Day of Mindfulness-Based Stress Reduction

May 21, 2016

9:00 am - 12:00 pm

Dumont Building

If you want to learn how to take better care of yourself and discover a deeper sense of ease and peace of mind - and if you are willing to actively engage in your own health and well-being, we welcome your participation in this introductory stress reduction seminar. In the context of your health, mindfulness is a way for you to experientially learn to take better care of yourself by exploring and understanding the interplay of mind and body and mobilizing your own inner resources for coping, growing, and healing.

Less  
Stress

Improved  
Well-being

Improved  
Health

Better  
Sleep

### Who will benefit

MBSR has benefited people reporting a variety of conditions and concerns.

**Stress** - including work, school, family, financial, illness, aging, grief, uncertainty about the future, and feeling "out of control."

**Medical conditions** - including chronic illness or pain, high blood pressure, fibromyalgia, cancer, heart disease, asthma, GI distress, skin disorders, and many other conditions.

**Psychological distress** - including anxiety, panic, depression, fatigue, and sleep disturbances.

**Prevention and Wellness** - including health enhancement and wellness focused on prevention and learning the "how" of taking good care of yourself and feeling a greater sense of balance.

Mindfulness-Based Stress Reduction is highly respected within the medical community. It is not offered as an alternative to traditional medical and psychological treatments but as a complement to these approaches.

### What to expect

The classes are highly participatory, supportive, and structured and will provide you with:

- Examine the psychological and physiological nature of stress
- guided instruction in simple mindfulness meditation practices;
- Gentle stretches and mindful yoga;
- group dialogue and mindful communication exercises to enhance awareness of everyday life

The program is challenging and life-affirming. Participating in the Stress Reduction Program requires an ongoing commitment to yourself.

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*Mindfulness is not something that you have to "get" or acquire. It is already within you—a deep internal resource available and patiently waiting to be reawakened and used in the service of learning, growing, and healing.*

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Loy Sprague, MA, FPCC faculty is a Qualified MBSR instructor who has completed her training at the UMass Medical Center School for Mindfulness

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